



**Town of Florence**  
**Dorothy Nolan Senior Center**  
**330 North Pinal Street**  
**Main 520-868-7622**  
<http://www.florenceaz.gov>

1866 2016


**March 2016**



Monday- Friday  
 8:00am - 4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
 	<b>1</b> <b>9:00 Dental Clinic</b> <b>9:00 My Healthy Eating</b> 9:30 Games & Dominoes 10:00 Video Exercise <b>12:30 Tech Savvy</b> 	<b>2</b> <b>9:00 Biscuits &amp; Gravy \$2.00</b> 9:00 Rudy's Riddle 10:00 Non Denom Bible Study 10:00 Grief Support-Compassus Hospice 12:00 Knit/ Crochet Club <b>1:00 Turn the Heat UP</b> <b>Learn how to make Easy Salsa</b> 	<b>3</b> <b>8:30-12:00 AARP Taxes</b> <b>9:30 Music-Hermalene</b> 10:00 Video Exercise 10:30 Dollar Store <b>10:45 Extension Food and Nutrition Program</b> 12:15 Bingo-sponsored by Gemini Hospice	<b>4</b> 9:30 Sequence and Card Games 10:00 Music with Rudy 12:15 Movie 
<b>7</b> 9:30 Cards & Board Games 10:00-Video Exercise <b>10:00 Women's Hour</b> <b>10:30 Music &amp; L&amp;M</b> <b>12:15 One on One Computers</b> 12:15 Coolidge Shopping 	<b>8</b> <b>9:00 Benefits Counseling</b> 10:00 Blood pressures: Florence Fire Department 10:00-Video Exercise <b>12:30-1:30 Tech Savvy</b> <b>4:00 Dinner Club-Sizzler</b> 	<b>9</b> <b>9:00 Hair Cuts</b> <b>9:00 Biscuit/Gravy \$2.00</b> 10:00 Non denom Bible Study Hospice 12:00 Knit/Crochet Club 	<b>10</b> 8:00 CAHRA <b>8:30-12:00 AARP Taxes</b> <b>10:00 Alzheimers Support-PGCSC</b> <b>10:30 Gemini in Service</b> <b>11:30 Celebrate Birthdays-sponsored by Complete Care</b> <b>12:15 Anthem Shopping</b> 12:15 Bingo – 	<b>11</b> 9:30 Sequence and Card Games <b>11:30 Spring Training Game</b> 10:00 Music with Rudy 12:15 Movie 
<b>14</b> 9:30 Sequence and Card Games 10:00 Exercise <b>10:30 Music &amp; L&amp;M</b> <b>12:15 One on One Computers</b> 	<b>15</b> <b>9:00 Dental Clinic</b> 9:30 Games & Dominoes 10:00 Music Therapy(Wayne Ramm) <b>12:30-1:30 Tech Savvy</b> <b>1:00 Bunco-</b> 	<b>16</b> 9:00 Rudy Riddle <b>9:00 Biscuit/Gravy \$2.00</b> 10:00 Non Denom Bible Study 10:00 Grief Support-Compassus Hospice <b>11:00 Bells</b> 12:00 Knit/Crochet	<b>17</b> 8:30 CAHRA <b>8:30-12:00 AARP Taxes</b> <b>9:00 TRIAD Meeting</b> <b>10:00 Saint Patty's Day Party</b> <b>12:15 Bingo-</b> 	<b>18</b> 9:30 Sequence and Card Games <b>10:00 It's My Life- Sharon Gilbertson</b> 12:15 Movie 
<b>21</b> 9:30 Cards and Board Games 10:00-Video Exercise <b>12:15 One on One Computers</b> 12:15 Coolidge Shopping 	<b>22</b> <b>9:00 Benefits Counseling</b> <b>9:00 My Healthy Eating</b> 9:30 Games & Dominoes 10:00 Video Exercise <b>10:30 Blood Pressure Gemini Hospice</b> <b>12:30-1:30 Tech Savvy</b> 	<b>23</b> <b>9:00 Biscuits &amp; Gravy</b> 9:00 Rudy's Riddle <b>9:30 Games &amp; Sequence</b> 10:00 Non denom Bible Study <b>10:00 Complete Care Inservice</b> 12:00 Knit/Crochet Club 	<b>24</b> <b>8:30-12:00 AARP Taxes</b> 10:00 Hot Topics-Lisa Garcia to Speak on Home Rule Election <b>12:15 Anthem Shopping</b> 12:15 Bingo-Sponsored by Complete Care 	<b>25</b> <b>10:00 Easter Party</b> 10:00 Music with Rudy 12:15 Movie 
<b>28</b> 9:30 Cards & Board Games 10:00-Video Exercise <b>12:15 One on One Computers</b> 	<b>29</b> 9:30 Dominoes <b>10:00 Crafts:</b> 10:30 Hand Weights <b>12:30-1:30 Tech Savvy</b> 	<b>30</b> 16 9:00 Rudy Riddle <b>9:00 Biscuit/Gravy \$2.00</b> 10:00 Non Denom Bible Study 12:00 Knit/Crochet	<b>31</b> <b>8:30-12:00 AARP Taxes</b> 10:00 Video Exercise 10:30 Dollar Store 12:15 Bingo-	

## March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BEEF SWISS STYLE PATTY PARSLIED POTATOES BRUSSELS SPROUTS TROPICAL FRUIT	2 GINGER-GLAZED PORK DELMONICO POTATOES GREEN PEAS APPLE SLICES	3 ROTISSERIE-STYLE CHICKEN RICE PILAF BROCCOLI FLORETTES CINNAMON PEAR CRISP	4 EGG SALAD SANDWICH PASTA SALAD CHIPS FRUIT 
7 BREADED BAKED FISH BAKED BEANS CREAMY COLESLAW PINEAPPLE CUBES	8 GROUND BEEF STROGANOFF/PASTA CAPRI VEGETABLES SPINACH ROMAINE SALAD PEACHES	9 CHICKEN CACCIATORE PENNE PASTA CALIFORNIA VEGETABLES TOSSED SALAD GARLIC BREAD SEASONAL FRUIT	10 HOMESTYLE PORK PATTY OBRIEN POTATOES O'BRIEN POTATOES [EAS & CARROTS	11 CORN CHOWDER CORN BREAD GREEN SALAD FRUIT 
14 MAC AND CHEESE CAPRI BLEND VEGGIES GREEN PEAS BANANAS	15 TURKEY LASAGNA GLAZED CARROTS BROCCOLI RAISIN SALAD MANDARIN ORANGES	16 SALISBURY PATTY/GRAVY WHIPPED POTATOES MIXED VEGETABLES PINEAQPPLLE CUBES	17 CORN BEEF AND  CABBAGE RED POTATOES/CARROTS WHIPPED LIME DESSERT	18 Senior Day 
21 CHEESE RAVIOLI W SAUCE GREEN BEANS ALMANDINE SPINACH ROMAINE SALAD GARLIC BREAD STICKS PEACHES	22 CHICKEN CHOP SUEY STEAMED BROWN RICE SAUTEED SPINACH LEAFY GREEN SALAD SPICED APPLE SLICES	23 BEEF CABBAGE BAKE WHIPPED POTATOES CUT GREEN BEANS SEASONAL FRUIT	24 CHICKEN W/ MOLE SAUCE BROWN SPANISH RIC3E PINTO BEANS WHOLE WHEAT TORTILLA AMBOSIA SALAD	25 HAM POTATO SALAD BAKED BEANS EASTER CAKE 
28 SLICED HAM W/PINEAPPLE GLAZE SPICED MASHED YAMS PEAS AND CARROTS PEARS	29 BEEF CHILI WITH BEANS GLAZED CARROTS SPINACH ROMAINE SALAD CORN BREAD TROPICAL FRUIT CHOCOLATE PUDDING	30 TURKEY DIVAN BAKE GREEN BEANS & RED PEPPERS HARVARD BEETS PINEAPPLE CUBES	31 BRAISED BEEF TIPS W/NOODLES COUNTRY VEGETAB;ES LEAFY GREEN SALAD PEACHES	

\*\* ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK\*\*

\*\* NUTRITIONAL INFORMATION IS AVAILABLE AT THE SENIOR CENTER

*Thank You for your donations. Meals are provided in part by Pinal Gila Council Older Americans Act and The Town of Florence Under the Americans with Disabilities Act, Town of Florence must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity*

*Lunch is served at 11:30. **Must make reservations by Wednesday for the following week.** Suggested donation is \$4.00. Please be at the center by **11:00** for your meal*